

MONDAY 11/20		TUESDAY 11/21		WEDNESDAY 11/22		THURSDAY 11/23		FRIDAY 11/24		SATURDAY 11/25		SUNDAY 11/26	
6:45-7:30 MS	Tabata <i>Angie Lee</i>	6:30-7:15 CS◆	Studio Cycling <i>Monika Janeczek</i>	6:45-7:30 MS	Stacked! <i>Frank Salzone (SUB)</i>			10:30-11:15 MS	Tabata <i>LR Davidson</i>	10:30-11:15 MS	Tabata <i>Muri Assunção</i>	9:30-10:30 YS	Hot Vinyasa Yoga <i>Jessica Wood (SUB)</i>
7:00-7:45 CS◆	Studio Cycling <i>Arthur Tang</i>	6:45-7:30 MS	METCON3 <i>Kendall Janicola</i>	7:00-7:45 CS◆	Studio Cycling <i>Erica Villaiba</i>			11:30-12:15 CS◆	Beast n Feast Ride <i>LR Davidson</i>	10:30-11:30 YS	Hot Vinyasa Yoga <i>Damien Alexander</i>	11:00-12:00 YS◆	Hot Vinyasa Yoga <i>Jessica Wood (SUB)</i>
7:00-8:00 YS	Hot Athletic Yoga (L2) <i>Serena Tom</i>	6:45-7:35 TR◆	Precision Running® <i>Loi Jordan</i>	7:00-8:00 YS	Heated Pilates <i>Khaleah London</i>			12:00-1:00 YS	Gratitude Yoga <i>Jessica Willis</i>	11:15-11:35 MS	Ab Lab <i>Muri Assunção</i>		
7:35-8:20 MS	Tabata <i>Angie Lee</i>	7:15-8:15 YS	Vinyasa Yoga <i>Anke Meserve</i>	7:35-8:20 MS	Stacked! <i>Frank Salzone (SUB)</i>			3:00-3:45 CS◆	Beast n Feast Ride <i>Justin Walker</i>	12:00-1:00 YS◆	Hot Vinyasa Yoga <i>Damien Alexander</i>		
8:15-9:15 YS	Hot Vinyasa Yoga <i>Robert Nguyen</i>	7:35-8:20 MS	METCON3 <i>Kendall Janicola</i>	8:30-9:00 MS◆	Firestarter <i>Khaleah London</i>								
12:00-12:45 MS	METCON3 <i>Lulu Faria</i>	7:45-8:35 TR◆	Precision Running® <i>Loi Jordan</i>	8:30-9:20 TR◆	Precision Running® <i>Miriam Shestack</i>								
12:00-12:50 TR◆	Precision Running® <i>LR Davidson (SUB)</i>	8:15-9:00 CS◆	Studio Cycling <i>Melissa Morin</i>	12:00-12:50 TR◆	Precision Running® <i>Kevin St-Fort</i>								
12:00-1:00 YS◆	Hot Athletic Yoga (L2) <i>Serena Tom</i>	12:00-1:00 YS	Power Yoga <i>Jen Guarnieri</i>	12:00-1:00 YS	Hot Vinyasa Yoga <i>Rika Henry</i>								
12:15-1:00 CS◆	Studio Cycling <i>Wil Ashley</i>	12:15-1:00 MS	Whipped! <i>Gregg Cook</i>	12:15-1:00 MS	Boot Camp <i>Gerren Liles</i>								
1:00-1:45 MS	Titan Method <i>Omar Sandoval</i>	1:15-2:00 CS◆	TERRAcycle! <i>Gregg Cook</i>	12:30-1:15 CS◆	Studio Cycling <i>Michael Reilly</i>								
1:00-1:50 TR◆	Precision Running® <i>LR Davidson (SUB)</i>	1:15-2:00 MS	EQX Barre Burn <i>Cindya Davis</i>	1:00-1:50 TR◆	Precision Running® <i>Kevin St-Fort</i>								
1:15-2:00 YS	Heated Pilates <i>Jewel Elizabeth</i>	1:15-2:15 YS	Restorative Flow Yoga <i>Patricia Pinto</i>	1:05-1:50 MS	Best Butt Ever <i>Tracy Gordon</i>								
2:30-3:30 YS	Hot Vinyasa Yoga <i>Lisa Bermudez</i>	4:15-5:15 YS	Vinyasa Yoga <i>Jena Maenius (SUB)</i>	1:15-2:15 YS◆	Hot Athletic Yoga (L2) <i>Serena Tom</i>								
4:00-5:00 YS	Hot Vinyasa Yoga <i>Jena Maenius</i>	5:30-6:15 CS◆	Studio Cycling <i>Julie Tamir</i>	4:00-5:00 YS	Hot Vinyasa Yoga <i>Jena Maenius</i>								
5:30-6:15 MS	Cardio Sculpt <i>Muri Assunção</i>	5:30-6:15 MS	Tabata <i>Dominic Manfredi</i>	5:30-6:15 CS◆	Studio Cycling <i>Monika Janeczek (SUB)</i>								
5:30-6:30 YS◆	Vinyasa Yoga <i>Lisa Anzelmo</i>	5:45-6:30 YS	Pilates <i>Erin Ginn</i>	5:30-6:15 MS	METCON3 <i>Shane Blouin</i>								
6:15-7:00 CS◆	Studio Cycling <i>Amanda Colacicco (SUB)</i>	6:30-7:15 MS	EQX Barre Burn <i>Lynze Schiller</i>	5:45-6:45 YS◆	Hot Vinyasa Yoga <i>Jena Maenius</i>								
6:30-7:15 MS	METCON3 <i>Kendall Janicola</i>	6:45-7:30 CS◆	Studio Cycling <i>Julie Tamir (SUB)</i>										
7:15-8:30 YS◆	Vinyasa Yoga <i>Paul Keoni Chun (SUB)</i>	6:45-7:45 YS◆	Vinyasa Yoga <i>Jill Green</i>										
7:30-8:15 CS◆	Studio Cycling <i>Amanda Colacicco (SUB)</i>	7:30-8:15 MS	Boot Camp <i>Will Jackson</i>										
7:30-8:15 MS	Tabata <i>Tim Flores</i>	8:00-9:00 YS	Vinyasa Yoga (L3) <i>Kristina Erikson</i>										

## BRYANT PARK

129 WEST 41ST STREET  
NEW YORK NEWYORK 10036  
212.299.0562  
EQUINOX.COM  
@EQUINOX

## THANKSGIVING MODIFIED HOURS

NOVEMBER 23 - CLOSED

## GROUP FITNESS MANAGER

DOMINIC MANFREDI  
dominic.manfredi@equinox.com

## SIGNATURE CLASSES.

## ACCLAIMED INSTRUCTORS.

## TRANSFORMED BODIES.

## CLASS LEVEL GUIDE

(All levels welcome unless otherwise noted.)

L1	Beginner
L2	Intermediate
L3	Advanced

## STUDIO KEY

MS	Main Studio
CS	Cycling Studio
YS	Yoga Studio
TR	Treadmill Area

### WHAT'S NEW THIS MONTH

Fall back into fitness and create good habits for the holiday season and upcoming winter months.



## STUDIO CYCLING

**BEAST N FEAST RIDE** Get into high gear with this challenging ride that will take you through climbs & sprints for a complete cycling workout.

**STUDIO CYCLING** A cardio workout on a stationary bike based on cycling principles. Classes are technique based and/or real terrain based and focus on cadence, heart-rate zones, climbs & sprints that can make an unpredictable ride that is fun and challenging.

**TERRACYCLE!** Gregg Cook's cycling class is terrain based allowing you to transfer the studio experience to the outdoors. Perfect for the cyclist or tri-athlete.



## RUNNING

**PRECISION RUNNING®** You don't have to go outside to blaze new trails. Innovated by David Siik, Precision Running is redefining our indoor treadmill training with the only method-driven program in the industry.



## YOGA

**GRATITUDE YOGA** The perfect class for giving thanks. Join us for some energizing Yoga characterized by poses and sequences linked to breath and appreciation.

**HOT ATHLETIC YOGA** A heated yoga class designed to meet the needs of the athlete. The focus is on stretching and strengthening with the intention of improving performance, whatever your sport. Challenging for all levels this workout is truly meditation in motion.

**HOT VINYASA YOGA** A vigorous, more athletic approach to yoga techniques characterized by flowing poses and sequences that are linked to the breath. Class is set in a heated room.

**POWER YOGA** Our most athletic Vinyasa practice. A vigorous, dynamic, physically and spiritually energizing form of Yoga that sculpts, hones and tones every muscle in the body. Includes various elements of many different Yoga styles.

**RESTORATIVE FLOW YOGA** Restore the body and renew the spirit. Postures are held longer and blend with mindful transitions, breath and deep awareness.

**VINYASA YOGA** A vigorous, more athletic approach to yoga characterized by flowing poses and sequences that are linked to the breath. Sequencing will vary with instructor philosophy.



## ATHLETIC TRAINING

**BOOT CAMP** You know the drill...anything goes in Boot Camp! Reap the benefits of this ultimate calorie-burning workout through challenging combination of cardiovascular drills and resistance training and much more!

**FIRESTARTER** Prepare for the next generation of cardio HIIT training. Every second is supercharged in a blitz of lightning-fast intervals. Using body weight and a bench, blaze your way up and down with sequences that will crush your personal best.

**METCON3** This high-intensity metabolic conditioning workout taxes all three energy systems and acts like a fat-incinerator to ensure results that leave you fit and motivated for the demands of your life.

**STACKED!** Hit the body with a healthy dose of high-density training incorporating short intervals with strategic recovery periods done ladder-style. Transform your body with targeted movement complexes that are stacked together for an intense, challenging workout.

**TABATA** A high intensity interval workout protocol where your rest is always shorter than your work. Designed to increase athletic performance and torch calories both during class and after!

**TITAN METHOD** Developed by Omar Sandoval. The 'sky's the limit' and you will stretch beyond self-perceived limits towards dream goals only imagined. The Titan Method uses five minute training rounds that alternate resistance & body weight drills to develop muscular strength, endurance & cardio fitness.

**WHIPPED!** Whip, Snap and get into serious shape! High intensity cardio drills using strength ropes and a fast moving conditioning circuit bring the latest in modern fitness training to help you reach for results.



## BARRE

**EQX BARRE BURN** Push yourself with a powerful, off-the-wall Barre class perfect for lengthening, stretching, and serious total-body sculpting.



## CONDITIONING

**AB LAB** Improve your core strength, balance and posture. A focused workout with cutting edge abdominal and lower back exercises.

**BEST BUTT EVER** Best Butt Ever is strategically engineered to lift and shape your hottest asset. Fire up your glutes, build strength and definition, and get powerful. Waist-whittling exercises are also integrated to further accentuate your new rearview.

**CARDIO SCULPT** A total body workout for both muscular strength and endurance. Continuous movement to great music keeps the heart rate up for a sweat-drenched sculpting session.



## PILATES

**HEATED PILATES** An intense Pilates experience incorporating the classical mat series designed by Joseph Pilates. Class links breath, flexibility, toning, and core strength in a heated environment.

**PILATES** An innovative system of mind-body exercise evolved from the principles of Joseph Pilates. Pilates teaches body awareness & good posture while increasing core strength, flexibility, & mobility.